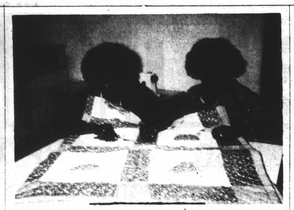
Pictured above are Marie Fraley, and David Williams sorting articles for the **Raider Reporter,** ACHS' newspaper. Students in the English Department enrolled in Journalism publish the school paper and broadcast a radio program as part of their work in the Journalism class. Latin and Spanish are included in the Foreign Language Department. Students enrolled in these classes study the language and culture of the Latins and Spanish.



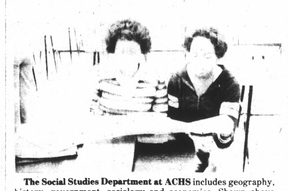
The Home Economics Department has consumer and Homemaking Education, Food Occupations and Clothing Occupations Pictured above are Martha Kelso and Rosa Abbitt with a quilt made by the Clothing Occupations class.

Students in the Trades and Industrial Education Department are exposed to several areas. Those taught at ACHS are Masonry, Drafting, Electricity and Electronics and Power Mechanics. Pictured above are Tim Clements and Mr. Rouse with a TV set they are repairing in the electronics class.

Robert Harding and Peter Nealley are preparing for an exhibit in the future Science Fair. The Science and Math Departments provide courses in earth science, biology, chemistry, physics general and consumer math, algebra and geometry.

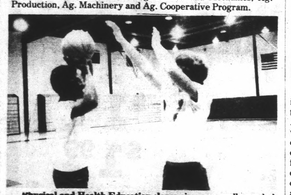
Sharon Overton and Barbara Arnold are shown building boxes for ornamental Horticulture. Other classes in the Agriculture Department are Ag. Science and Mechanics, Ag. Production, Ag. Machinery and Ag. Cooperative Program.

The Business Department provides training in typing and stenography as well as general business courses. Students in Cooperative Office Education attend classes at school and also work in an approved office during the school day. Lynn Reynolds and Shelly Davidson are shown using equipment in the Business Department. Students enrolled in Distributive Education are also allowed to work in approved job locations.



The Social Studies Department at ACHS includes geography, history, government, sociology and economics. Shown above are Marzetta Hodnett and Kathy Lewis looking over a newspaper to report on current events.

Chorus, Band and Art classes are electives students can choose. The music classes are organized to extend the total musical development of the student. Art students are given an opportunity to develop artistic skills. Shown above are Joan Williams and Dana White working in the art department at ACHS.



Physical and Health Education classes insure a well-rounded program of instruction and experience in each of the following areas: conditioning exercises, team sports, gymnastics, rhythms, individual and dual sports. Tony Ferguson, Charles Rixey, Tony Ferguson are shown above practicing fundamentals of basketball.

Looking Around ACHS

Students, faculty and administrators at Appomattox County High School are observing American Education Week this week, Nov. 14-18, 1977. As part of the activities planned to coincide during this week, the following information is provided to help parents and community citizens become acquainted with the curriculum and extra-curricula activities at ACHS.

Students entering the ninth grade at Appomattox County High School have usually worked closely with guidance counselors to select a program of studies that is keeping with their vocational and educational goals. Although there are many required courses, elective courses can be chosen to meet recommendations for the selected program of studies and for enrichment and exploration of various subjects.

A suggested course outline is provided for students in the following areas: Vocational Agriculture, Business Education, Distributive Education, Home Economics, Trade and Industry Courses, and College Preparatory. Students are urged to work closely with counselors and teachers in planning their curriculum.

Most students at ACHS are involved in student organizations that meet at a specified time during the day each month. All students are encouraged to be active in the club of their choice.

One of the strongest and most publicized areas at ACHS is the sports program. Athletes are provided with many sports in which to participate and learn skills.

Pictured with this article are some of the students from ACHS involved in various activities at Appomattox County High School.

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - Does the Veterans Administration provide any form of educational loan?

A - Yes; recent changes in the law provide that veteran students may borrow up to $1,500 per regular academic year. Applications are available with vet-reps at college campuses and campus financial aid offices.

Q - I am a widow of a Korean War veteran who died as a result of a service-connected disability before using his GI home loan entitlement. Am I eligible for this benefit?

A - Yes; if not currently married, widows or widowers of veteran of World War II and later periods who died of service-connected causes are eligible for this benefit.

DIAL GOOD NEWS
352-7900

USED CAR VALUES

1977 PONTIAC

BONNEVILLE COUPE - 1977 Pontiac - Black W/Black Vinyl Top - Red Vinyl Split Seats - Power Windows - AM/FM - Stereo Radio W/Tape Player - Cruise Control - Only 3200 miles.

1976 CHEVROLET

NOVA - 1976 Chevrolet - 2 Door Sedan - Blue W/Blue Vinyl Interior - Air Condition - Six Cylinder - Automatic Power Steering - Low Mileage - Excellent Condition.

1977 CHEVROLET

VEGA - 1977 Chevrolet - S. W. - Red W/Buckskin Vinyl Interior - Estate Package - Automatic - Power Steering - Air Condition - AM/FM Radio - Luggage Rack.

1976 CHEVROLET

CHEVETTE -1976 Chevrolet - Firethorn Buckskin Vinyl Seat - 4 Speed - AM Radio - New Radial Tires - Only 30,000 Miles.

1973 CHEVROLET

CAPRICE - 1973 Chevrolet - S. W. Cream W/Beige Vinyl Trim - Luggage Rack - Air Condition - 9 Passenger - Power Windows

1977 CHEVROLET

CAPRICE - 1977 Chevrolet - 4 Door Sedan - White W/White Vinyl Top - Blue Knit Seat - Power Door Locks - Cruise Control - Low Mileage.

1977 CHEVROLET

IMPALA - 1977 Chevrolet - 4 Door Sedan - Firethron W/Buckskin - Vinyl Top - Buckskin Interior - AM/Audio - Low Mileage.

1976 CHEVROLET

VEGA - 1976 Chevrolet - S. W. - Silver W/Black Vinyl Seats - Luggage Rack - Air Condition - 4 Speed - AM Radio - Low Mileage - New Tires.

1975 CHEVROLET

BEL AIR 1975 Chevrolet - S. W. - Blue W/Blue Vinyl Seats - 9 Passenger - Air Condition - AM W/Tape Player - Cruise Control - New Tires.

1973 CHEVROLET

VEGA - 1973 S. W. - Brown W/Saddle Vinyl Trim - AM Radio - Luggage Rack - Automatic - Air Condition - Low Mileage.

1974 CHEVROLET

VEGA - 1974 Chevrolet - S. W. - Brown W/Saddle Vinyl Trim - Luggage Rack - Automatic - Air Condition - AM Radio - Low Mileage.

★ TRUCKS ★

1976 CHEVROLET

LUV 1976 Chevrolet - White W/Red Plaid Trim - Air Condition - Mikado Package - White Wall Tires - 4 Speed - Only 9,000 Miles.

1976 CHEVROLET

FLEETSIDE p. u. - 1976 Chevrolet - 8 Ft. - Brown W/White Top - Saddle Vinyl Seats - Scottsdale Package - 350 4 BBC - V-8 Automatic - Power Steering - AM-FM Radio - Step Bumper

1977 CHEVROLET

FLEETSIDE P. U. - 1977 Chevrolet - 8 Ft. - Brown W/Buckskin - Vinyl Seat - Side Rails - 6 Cylinder Straight Shift - H. D. Chassis - Uses Regular Gas Not No Lead - Step Bumper - One Owner.

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Buy Now And Save
Easy Terms
Lay Away - Christmas Eve delivery

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Vinyl or Fabric Many Styles, Colors
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Living Room Sofa & Chair
2 pc.
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Bed Room Suite
Double Dresser, Chest, Bed
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Pictures - Less 35%
Lamps - Save 30%
Tables -
Dinette Sets -
Rockers -

OPEN FRIDAY UNTIL 8 - CLOSED WEDNESDAY AT 12 NOON

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Appomattox

By Shirley W. Walton
Extension Agent

GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Celery is a delicious vegetable which is so low in calories, it may be eaten in unlimited quantities by those who watch their weight. It is ideal for a between-meal snack or as a pre-dinner appetizer to reduce the desire for other foods.

The unique flavor of celery is due to volatile oils. This, along with its crisp, juicy texture, makes it ideal for salad, or in soups, fish chowder or dressing. As a cooked vegetable, celery is excellent when stewed, creamed or in a casserole. Finely chopped celery and cheese make a delicious sandwich spread.

Celery seems to have originated in the region of the Mediterranean Sea. The earliest wild type had a bitter taste and pungent odor. It was used as a medicine which was supposed to purify the blood. The first use as a food crop was reported from France in 1623 where it was served as flavoring for meats, soups and stews.

Celery is a cool season vegetable which grows best at temperatures between 60 and 70 degrees F. It is an important commercial crop in New York and Minnesota and as a winter vegetable in Florida. Summer temperatures are too high in most sections of Virginia for celery to make very satisfactory growth.

The best celery varieties are the giant pascal type. These have delicious flavor and higher vitamin content than the older self-blanching varieties. If blanched celery is desired, the golden self-blanching variety should be planted. At the end of the growing season the stalks must be enclosed by a mound of soil, boards or paper to exclude light. This prevents chorophyl formation and that which is present deteriorates. The blanching process takes about two weeks. But who wants to eat bland-looking celery!

When selecting celery in the grocery store, we usually look for that which is green and crisp. If the celery stalks are limber, this is an indicaiton that maybe it has been harvested for a long period of time. Look for that which is crisp, green and the leaves are not wilted.

The seeds of celery are actually tiny fruits with a very small embryo or young plant. The germination is slow and weak and, therefore, celery is usually not sown directly in the field. Young plants are raised in flats or hot beds and transplanted to the field when they are 8 or 10 weeks old. When planting celery in the garden, space the plants 6 inches apart in rows to feet apart. Weeds must be controlled to eliminate their use of water which is needed by the shallow roots of celery. Since we do not grow celery in this area of Virginia, we do not have to worry about all the routine of planting it, growing it, and harvesting it. But we do need to understand why our celery may cost what it does, because of all the effort it takes to produce a good stalk of celery.

Remember that celery is a good before dinner snack. If you are a compulsive taster or eater when you are preparing your evening meal for your family, why not prepare you some sticks of celery to nibble on while cooking. These sticks of celery will help curb that appetite when you go to the dinner table. Celery is a very nutritious vegetable and one that is extremely low in calories. So eat all the celery you like and you do not have to worry about the pounds you might add.

RECIPE OF THE WEEK
Hamburger Casserole

Into a well buttered 2 qt. baking dish place layers in order given. Season each layer with salt and pepper.

1. Slice 2 medium raw potatoes and lay flat in bottom of casserole.
2. Slice 2 raw carrots - Pour #2 can of peas (drained - save liquid) over carrots.
3. Place layer of sliced onions over peas. Slice 1 stalk of celery over onions.
4. Brown 1 lb. ground beef. Put meat over celery. Mix liquid from peas with can of tomato soup. Pour over all ingredients.

Bake 325° for 1¾ hours. Serves 6.

HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

4-H Share-the-Fun programs have been going on all week as we work toward the County Share-the-Fun Show on December 1. Rehearsals for the county show will be held on November 22 and 24 at the ACHS auditorium. All judging will be done on the night of November 29. Be sure to mark your calendar now for December 1 at 7:00 p.m. for the County 4-H. Share-the-Fun Show in the ACHS auditorium.

* * *

4-H'ers who are taking Horse projects may be interested in two booklets we've recently purchased. They are "Horses and Horsemanship" and "Horse Science" and are designed to provide information for 4-H Horse members. They sell for 30c each and we have a supply at our office. Stop by if you'd like one.

* * *

Philip Jacobs attended the State 4-H Leaders Meeting in Blacksburg on Friday and Saturday to provide ideas for the 4-H Electric Energy projects. Philip was one of many 4-H'ers from across the state who were invited to this special meeting. He is a member of the Mighty Four 4-H Club and is the son of Mr. and Mrs. W. H. Jacobs.

* * *

Joe Ford will leave next week for National 4-H Congress in Chicago. Joe's Achievement Record in Leadership was a state winner and will be competing at the National level for one of several college scholarships. We're extremely proud of Joe and his outstanding record as a 4-H'er. We look forward to hearing from him on his return. Joe is the son of Mr. and Mrs. Paul F. Ford.

* * *

A new community 4-H club will begin in Evergreen in December. Watch the **Times-Virginian** for the details. All young people in the Evergreen Community will be invited to become involved in their new 4-H group.

* * *

4-H'ERS OF THE WEEK: All of those 4-H'ers who have "learned by doing" in 4-H Share-the-Fun during the past two weeks.

ACHS COMMUNITY VOLUNTEERS TO MEET

The Appomattox County High School Community Volunteers will meet in the school library on November 21, at 7:30 p.m. All members and other interested persons are urged to attend.

Recent Rains Damage Soybeans

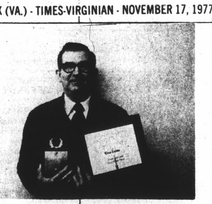
Recent rains have caused significant damage to many soybeans in the Appomattox County area. The rain coupled with unusually warm temperatures both day and night have damaged beans that have not been harvested.

Damages are generally in three areas: (1) sprouting--this is a soybean with an attached sprout and is considered to be damaged; (2) molds--molds of various types have grown prolifically during this period of humid, warm weather; (3) physiological degeneration--long periods of water soaking, wetting, and drying have caused some physiological breakdown in some fields. Many beans are considered discolored and superficially damaged but are sound inside.

Soybean producers who have excessive amounts of surface damage may have to make the hard decision of whether to harvest or not, says J. A. Smith, County Extension Agent. In those cases where there is a question of the value of the crops, producers should harvest a few rows through the center of the field and take one or two bushels as sample to the dealer to determine if there is a market for them. Depending on the market which the dealer supplies, there may be differences in evaluation by dealers. Some dealers may buy beans which have been rejected by another, so look at more than one buyer.

Finally, any returns above cost of harvesting and taking to market will help to minimize losses with severely damaged beans. Care in the operation and adjustment of the combine is essential to reduce harvest losses. Beans with more than 13% moisture will also be penalized by most dealers.

The one other alternative you might have, if on farm drying facilities are available, is to harvest these beans as a potential source of feed if you have livestock.



AREA MAN RECEIVES TWO AWARDS

At a recent meeting of the American Society in Richmond, Mr. W. E. Torian of Lynchburg and Buckingham was presented a certificate of appreciation for his efforts on behalf of the crusade to conquer cancer. The certificate was presented by Dr. M. C. Wilhelm, President of the Virginia Division of American Cancer Society.

At a later meeting of the United Ostomy Association held in Lynchburg, Mr. Torian was the recepient of the Visitor of the Year Award. It was presented by Mr. Louie Merricks, President of the Lynchburg Chapter of the United Ostomy Association, which is a branch of the American Cancer Society.

Dr. Wilhelm and Mr. Merricks, in making their presentations, explained that they were for outstanding service to our fellow man. In receiving the awards, Mr. Torrian had this to say: "the pleasure is mine in as much as what I do is a labor of love brought on by Christian experience. God granting me the strength to carry on I will do what I can to help those who have fallen to the dreaded disease of cancer. Having had this disease myself, I know what it is to suffer by one's self. However, I do not question this handicap, realizing full well that the Lord has a purpose in it for me. That purpose, I believe, is to relate to others and help where I can."

It was also stated that the local chapter for ostomates would continue to meet in Classroom 6, Lynchburg General Hospital. Anyone interested would be welcome to attend, the time is 7:30 p.m. every third Tuesday.

"Pete" Clark Returns To Kings

Jim Roach, Manager at Kings Market in Appomattox, has announced that "Pete" Clark is back with Kings as Manager of the Meat Department.

With Clark's 18 years service with Kings, Mr. Roach feels that he is very qualified to serve your every need.

Applications Accepted For Comprehensive Employment Training Act

Applications are now being accepted for Comprehensive Employment and Training Act (CETA(Title VI Special Project funds. Any units of local government and public/private nonprofit agencies are eligible to apply.

Projects must be developed to employ welfare recipients or persons who have been unemployed 15 weeks out of the 20 weeks immediately prior to application and whose family income is at or below 70 percent of the lower living standard income level.

Proposals with a start date of Jan. 1, 1978 can be submitted for a one year funding period. Approval is contingent upon the availability of sufficient funds.

Proposals must be submitted in triplicate to the Roanoke Regional Operations Center by Nov. 23, 1977. Program operators should take into consideration the increase in the minimum wage effective Jan. 1, 1978 and the increase in Social Security tax to 6.05% effective Jan. 1, 1978.

For copies of the proposal and further information please call or write:

Mrs. Mary Kidd
P. O. Box 2526
Lynchburg, VA 24501
Telephone 1-804-845-3491

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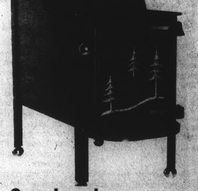

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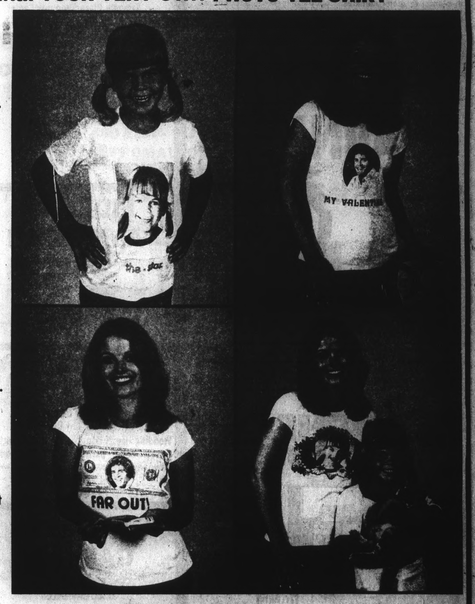

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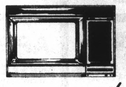

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